

## ABSTRACT

To provide an ink capable of giving an image having excellent (color) hue and high fastness to light and ozone gas, an ink for ink jetting containing the ink, an ink jet recording method, and a method for enhancing the ozone resistance of an image.

An ink comprising a water-soluble phthalocyanine compound, wherein in the spectral absorption curve of an aqueous solution of the phthalocyanine compound, the absorbance ratio b/a of the maximum absorbance b in the absorption band of 660 to 680 nm and the maximum absorbance a in the absorption band of 600 to 640 nm is less than 0.8 and the counter ion for the ionic hydrophilic group of the phthalocyanine compound is lithium ion.